AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

- 1-13. (Canceled)
- 14. (Currently Amended) A cup comprising:
- a cup portion;
- a lid sealingly engaged with said cup portion, said lid having a spout protruding therefrom and an opening formed in said spout;

a detachable member inserted in said spout, said detachable member having a plurality of ridges formed thereon, said ridges being formed in a continuous helical pattern, said plurality of ridges being sized to sealingly contact an inner surface of said spout thereby forming a helical passage between said spout and said detachable member, said passage having a first end in communication with an interior of said cup portion, and a second end in communication with said opening of said spout, wherein:

said cup portion has an amount of liquid therein, said cup portion further has an amount of air defined by a volume of air that remains in said cup portion when said cup portion is inverted, and wherein said passage is sized to have a volume that exceeds the product of the volume of air in the cup portion and a height of the liquid in the cup portion and lid measured by a linear distance between the opening of the spout and a surface of the liquid when the cup is inverted, and wherein said volume of said passage is also large enough to then additionally absorb the effect of downward shaking of the cup.

15. (Previously Presented) A cup, as claimed in Claim 14, wherein: said detachable member is in the form of a plug.

- 16. (Currently Amended) A cup, as claimed in Claim 14, wherein: said detachable member is made from a resiliently compressible material to include such as an elastomer.
- 17. (Previously Presented) A cup, as claimed in Claim 14, wherein: said spout of said lid is located eccentrically thereon so as to be convenient for drinking from.
- 18. (Previously Presented) A cup, as claimed in Claim 14, wherein: said spout is in the shape of a truncated cone, and said detachable member has a shape matching an inside cavity of said spout.
- 19. (Previously Presented) A cup, as claimed in Claim 14, wherein:
 a diameter of said passage is such that air is prevented from entering past liquid in said
 cup and wherein said diameter has a maximum size of approximately 3mm.
- 20. (New) A method of dispensing liquid from a cup, said method comprising the steps of:

providing a cup portion, a lid sealingly engaged with said cup portion, said lid having a spout protruding therefrom and an opening formed in said spout, a detachable member inserted in said spout, said detachable member having a plurality of ridges formed thereon, said ridges being formed in a continuous helical pattern, said plurality of ridges being sized to sealingly contact an inner surface of said spout thereby forming a continuous helical passage between said spout and said detachable member, said passage having a first end communicating with an interior of said cup portion, and a second end communicating with said opening of said spout;

providing an amount of liquid in said cup portion;

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inverting said cup to place said cup in a drinking position, said cup portion having an amount of air defined by a volume of air that remains in said cup portion when the cup portion is inverted, and wherein said passage is sized to have a volume that exceeds the product of the volume of air in the cup portion and a height of liquid in the cup portion and lid measured by a linear distance between the opening of the spout and a surface of the liquid when the cup is inverted, and wherein the volume of said passage is large enough to prevent liquid being dispensed from the opening of said spout when a force is applied by downward shaking of the cup; and

maintaining the shape of the spout and detachable member when a user imparts a sucking force on the spout thereby overcoming a reduced pressure of the volume of air remaining in said cup portion enabling liquid to flow through said opening.

- 21. (New) A method, as claimed in Claim 20, wherein: said detachable member is in the form of a plug.
- 22. (New) A method, as claimed in Claim 20, wherein: said spout of said lid is located eccentrically thereon so as to be convenient for drinking from.
- 23. (New) A method, as claimed in Claim 20, wherein: said spout is in the shape of a truncated cone, and said detachable member has a shape matching an inside cavity of said spout.
 - 24. (New) A method, as claimed in Claim 20, wherein:

a diameter of said passage is such that air is prevented from entering said opening of said spout and past liquid in said passage and wherein said diameter has a maximum size of approximately 3mm.